



BodyMind Balance

restoring balance to mind, body & soul

March 2011

Since I started writing this a couple of weeks ago, there have been upheavals across the world in many forms. We have uprisings in Libya and other non-democratic states where people are making a stand to change the way their countries are governed and who would have thought there would be an earthquake and tsunami in Japan while the Christchurch earthquake was still very much in our awareness. Not only has there been huge loss of life but there is now a very real nuclear threat. All highlighting how precious life is. Often we trek through life, without much gratitude for what we do have, focusing only on what we do not have. I think the events in Christchurch and Japan are a good reminder for us all to appreciate and give thanks for all that we do have and to allow our love and compassion to shine. This month's newsletter does not have any links to projects to raise money for Christchurch as I believe there are ample around but does have some thoughts on giving and supporting people in your community. (Thanks Trish for our conversation a few weeks back on this). I am also offering a unique Soul Heart Essence blend to support and assist those affected by the Christchurch and Japan disasters called Shock Support - for the special price of \$10 for 20ml bottle or by donation. [See below for details](#). Other items this month are:

- [Love & Compassion](#) - The ripple effect
- [Green Obsidian](#) - This month's essence profile
- [Food for Thought](#) - why gifting of yourself returns more than you give
- [Shock Support Blend](#) - support for those affected by the quake
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Food for Thought

When events like the Christchurch or Japan earthquake occur, we can often feel powerless especially when we do not feel we are able to help perhaps because the distance is so great, or we may not be in a financial position to assist. As an alternative, perhaps you could look a little closer to home, there are plenty of people whom you could support - maybe the elderly neighbour or relative who would relish someone to listen and be with them. Or do you have toys, clothes, household items that could be donated to a women's refuge, hospice or salvation army store? Maybe you could help out at your local school or retirement village? help the mother of six across the road? Cook a meal for someone - a pensioner, family down the road? Baby sit for the solo parent next door? Set up a community vegetable garden for those in need? Or perhaps you just need to

The Ripple Effect

Sometimes the challenges in life are so large they can be totally overwhelming. This feeling of overwhelm can be so overpowering that it leaves us powerless. And with powerless comes a feeling of uselessness and guilt.

How do we move beyond or forward? Start where you are.

For instance, you may be feeling overloaded and unsure of how to help personally for Christchurch and feeling a bit cheated that most of the appeals are for financial donations.

They say charity begins at home, so start there - be more compassionate and kind to your partner, children, parents, family or flatmates. (See left column for more ideas).

Starting small in our everyday life promotes a bigger picture - you might smile at the people you meet in the street or hold open the door for the person struggling with shopping.

As we show love and inclusiveness for someone, this creates a ripple effect and that one person maybe all that is needed to reach the critical mass needed to change the world.

Look at what has happened in Egypt this year - and is happening in Libya at the moment. People collectively wanting a better life for themselves.

The world is changing - people want to be part of something that is more equal, humanitarian and what I call 'Heart Centred' - where people matter. As Ghandhi said - 'Be part of the change'. Allow your kindness, forgiveness and compassion to ripple out however small an impact that it might be. Start where you are right now and you never know we might just change the world.

touch someone's shoulder to let them know you are there for them?
Know the joy of giving and your heart will be lighter and spirit lifted.

Consultation Update

I am pleased to be feeling back to my old self again so am back into 'proper' work! Would love to hear from you!

Special Shock Support Essence

This essence will support feeling safe and supported, will assist with clearing some of the shock and fear and feelings of helplessness and overwhelm.
This blend includes Green, Violet and Pink Tourmaline for when we are rocked to our core, Green Obsidian for cleansing the aura and calming the emotions, essences to clear and strengthen the chakras and more

A 20ml bottle is available for the special price of \$10 or by donation. (P&P \$6)
If you wish to order, please [email me](#).

I attended a fabulous wedding on the weekend and one of the speakers quoted Corinthians 13:4-7 and I would like to finish this month's newsletter with this.

Love is patient, love is kind.

It does not envy, it does not boast, it is not proud.

It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth.

It always protects, always trusts, always hopes, always perseveres

Go well and enjoy giving in whatever form is appropriate for you.



PS: I will be sending a questionnaire asking what events and services you are interested in so look out for it in your mail box soon!

This Month's Essence Profile:



Green Obsidian - The Gift of Upliftment

I have profiled this remedy this month for two reasons. Firstly this particular piece was recently formed less than 10yrs ago in the Indonesian area as a result of earth activity like that of Christchurch. Secondly it helps calm the emotions and wash cares away. It is particularly helpful when we are being buffeted by and at the mercy of our emotions. It cleanses, energises, revitalises and protects aura. Can also be used as an aura spray to clear energies in a room or area. Good for when we are feeling sad and depressed.

To order please [click here](#) or alternatively you could [email me](#)

Words of Wisdom

Any books by Thich Nhat Hanh are a great read for words of wisdom. He is a Vietnamese monk who lived through terrible atrocities in Vietnam War and a powerful advocate for peace and living mindfully. It is often hard to reconcile the reason for our own or other's suffering, but Thich Nhat Hanh provides some insight and practical wisdom and clarity

UPCOMING EVENTS MARCH

Greenhithe Angelite New Age Fair - Sunday 27th March 10.00am - 3.00pm

Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

Come and browse the stalls - crystals, my remedies!, new age books, healers, readers, natural products and more.

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